

DAILY PRACTICE PLAN – FUNDAMENTALS EXAMPLE

Date: April 1 / 2010 Time: 4:00-5:00pm Group: FISH, 12 (8-10 yrs old) Practice #: 4 of 20
 Pool space(s) to be used & when: 2 lanes shallow end 4:00-4:45 and 4 lanes dive tank from 4:45-5:00
 Equipment/Visual Aids needed: Flutter boards, noodles

OBJECTIVES FOR TODAY

Skills Inventory Focus (ABC): Free and Back – Acquisition skills
 Main Goals for Practice (1-3): Free body position/breathing/Free arms/Back kick (hold body position)
 Announcements/Reminders: April Calendars are in your swimmer mailboxes outside the office doors

Practice Segment	Estimated Time	Teaching Vantage Pt.	Main Theme (Skills / Sequencing of Activities / Diagrams / References)	Metaphors
Welcoming Remarks	1 min	On Deck @ mtg. spot	Question of the day: did you have any April fools jokes played on you today?!	None
Activation	3 min	Mtg. spot	5 slow single leg burpies / 5 regular burpies / 5 cross-over triangle toe-touches (each side) / 4 x 15 sec of 'flutter kicks' / duck walks to pick up flutter boards to lanes	Slow like a turtle Fast like a rabbit Kick w/'sharp' feet / Quack!!
Warm-up	6 min	Both ends of lane	4 x 25 free swim @ 10 Rest – at start of each length – do 5 bobs & stay underwater for 3 sec on each bob, jump high and go straight into next bob (set-up breath timing) – after 5 do your super hold streamlines!	Bobs = jack-in-the-box Streamline = superman hold!
Review of skills	4 min	Side of lane along wall	Review free body position from last practice – horizontal kick on side - face up to ceiling, both hands @ side. 2 x 25 kick on side - 1 st on left, 2 nd on right with hands @ side of body. Watch for hips @ surface & body balance.	Keep watch dry (top arm) Glue your watch to your hip!
New skills	15 min	Side of lane along wall	5x {1 min explanation+2x25's @1 min with feedback!} 2 x 25 – 1 st left side (shoulder to bottom)/2 nd right side (shoulder to bottom) so that arms are at side. Face to ceiling to breathe in & face down* to breathe out (*new). Maintain body horizontal position, top hip @ surface.	Like a soldier! Hands in pocket!
		“ “	2 x 25 – 1 on left / 1 on right – bottom arm extended out front and breath as above	Fire your arm out soldier!
		“ “	2 x 25 – start on left (as above) with bottom arm extended, face to ceiling. Do 8 kicks & turn face to bottom to breathe out. Pull with extended arm under water to your hip and roll to the other side. Other arm remains at your side, turn face up to breathe in & then extend bottom arm up & repeat during each length!	Hide your head and roll soldier! Roll like a log!

Practice Segment	Estimated Time	Teaching Vantage Pt.	Main Theme (Skills / Sequencing of Activities)	Metaphors
New skills (cont'd)		Side of lane along wall	2 x 25 – 8 kick skill as above, but this time the 'dry' top arm is bent overhead. When the arm pulls underwater, the top arm shoots forward as you roll onto the side.	Salute soldier! Make a tent over your head.
		“ “	2 x 25 – freestyle swim, working on horizontal body roll & breathing every 3 strokes.	Swim soldier!
Contrast Activity	3 min	Water Break	Organize kids into partners when they return & hand out noodles and kick boards. You'll want to have a noodle for every swimmer. Set up the noodles in lane 1 @ end.	
	12 min	Both ends of lanes	Move the noodles! Each partner kicks on back with 1 hand holding a board over their knees and the other hand holding a noodle* (Partner 1 - holds it @ top on left, other partner @ bottom right). Move the noodle to other end in lane 1 and kick on backs in lane 2 to retrieve the other noodle. Ensure lane directions! (3x25m). Once everyone is done, repeat to move the noodles back!	
Game – move to dive tank	6 min	1m diving board	Sharks and minnows in the deep end.	
Warm-down	2 min	Side of dive tank	4 widths of the pool – alternate 1 kick on back, 1 free swim	
Flexibility	5 min	On deck	Ankle, calf, hamstring, quad & hip flexor stretches, shoulder, chest, tricep stretches.	
Conclusion & Wrap-up	2 min	On deck	Congratulate group on what they did well today throughout new skills & remind of notice in mailboxes!	

NOTES & COMMENTS ON TODAY'S PRACTICE

Attendance summary / What went well / What to improve on / Incidents to report / Notes for future practices:

10 of 12 at practice – Must follow up with Tommy's parents, as this was the 2nd practice missed.

Streamlining was awesome today – they recalled the super hold well from last practice.

Seeing improvement on body position, they are getting how to keep hips at the surface when rolling.

Need to remind them lots to keep kicking as their body rolls, so should come back to these skills.